

# CREATE

**FREE!**  
Children  
welcome to  
attend.

FREE COOKING CLASSES ON CREATING  
DELICIOUS MEALS FROM SCRATCH



**Thursday, November 19, 2015 - 11:00 a.m. - 12:00 p.m.**

**Provo Employment Center • 1550 N. Freedom Blvd. (200 W.) • Provo**

## **Healthy Eating on a Budget**

**Come learn about meal planning.  
There will be a cooking demonstration, fun giveaways and helpful tips for  
saving time and money while eating healthy.**

This material was funded by USDA's Supplemental Nutrition Assistance Program. Utah State University is an affirmative action/equal opportunity institution.

[extension.usu.edu/foodsense](http://extension.usu.edu/foodsense)



**Workforce Services • [jobs.utah.gov](http://jobs.utah.gov)**

*Equal Opportunity Employer/Program*

Auxiliary aids and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals with speech or hearing impairments may call the Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.